

RESOURCE E-BLAST

VA VISN 5 MIRECC

Putting Recovery Into Practice

October 17th is Global Peer Support Appreciation Day!

Peer Support is an integral part of recovery-oriented care. Today we acknowledge the contributions of peer providers around the world, who offer the gift of their lived experience to others in recovery from mental health and substance use disorders. There are over 1,000 Peer Specialists working in VA, providing high-quality recovery-oriented services to Veterans across the country. Thank you for your work!

Please visit the [VISN 5 MIRECC's website](#) for training resources and research that supports the vital work of Peer Specialists! See highlights below.

VISN 5 MIRECC Peer Specialist Educational Webinar Series

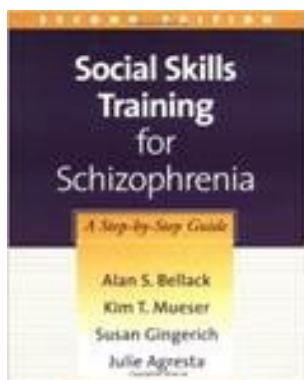


The Peer Webinar Series is aimed at providing continuing education to VA Peer Specialists and Peer Supervisors in VISN 5 and VA wide. These webinars are developed and presented by MIRECC Investigators, VA Peer Specialists and VA Mental Health Clinicians. Topics include strategies, tools and resources that Peers can implement in their work with Veterans.

Please see our [website](#) for slides from past presentations.

Stay tuned for our next webinar coming in early 2020!

Social Skills Training (SST)

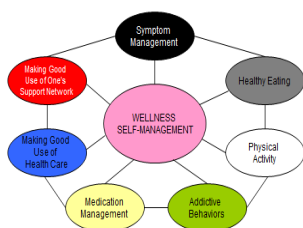


VA SST is the first VA evidence-based therapy that trains Peer Specialists. We have trained 93 Peers in SST. See [website](#) for more information and if you want to be trained.

[Social Skills Training \(SST\)](#) is a treatment procedure that has been developed to directly address social problem-solving skills deficits with the goal of enhancing social functioning. SST interventions are tailored to meet the real-life, current-day difficulties that affect the social experiences of each Veteran, but several common core elements are present regardless of which specific skills are being taught. In general, SST is a highly structured educational procedure that employs didactic instruction, breaking skills down into discrete steps, modeling, behavioral rehearsal (role-playing), and social reinforcement.

Living Well

WELLNESS SELF-MANAGEMENT The Wellness Wheel



Living Well is an illness self-management intervention for adults with serious mental illness. It consists of 12 group sessions led by two facilitators and is designed to enhance self-efficacy and motivation through education and skills training in action planning and problem-solving. A range of health topics are covered.

This intervention is peer facilitated, and was developed and tested at the VISN5 MIRECC. The [Fall 2018 MIRECC Matters](#) newsletter describes the development and implementation of Living Well. Also see recent publication online: <https://ps.psychiatryonline.org/doi/full/10.1176/appi.ps.201800162>

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